



THE MILEAGE

THURSDAY 07 NOVEMBER 2024 | GUWAHATI | AIZAWL | IMPHAL | ITANAGAR | PAGES 7 | Rs 3.00



VOL 6, ISSUE 40

BRIEF NEWS



Hindus protest against Khalistani temple attack

OTTAWA

In the wake of a Khalistani attack on a Hindu temple in Canada, over a thousand members of the Canadian Hindu community gathered in Brampton on Tuesday to voice concerns over escalating violence against Hindus in the country.

Delhi enveloped in toxic haze

NEW DELHI

Delhiites continued to breathe toxic air on Tuesday as the air quality edged closer to the severe zone in some areas. The Air Quality Index (AQI) stood at 384 at 9 am, according to data from the Central Pollution Control Board (CPCB). The 24-hour average AQI, recorded until 4 pm daily was reported at 381 (PTI)

Security forces eliminate two militants in Anantnag encounter

Srinagar

An encounter broke out between security forces and terrorists in Srinagar's Khanyar area of Jammu and Kashmir, officials said on Saturday.

"A cordon and search operation in the Khanyar area of district Srinagar has resulted in an exchange of fire. Police and security forces are on the job. Further details shall follow," Kashmir Zone Police posted on X. Earlier the officials said that, an encounter broke out between security forces and terrorists in Jammu and Kashmir's Bandipora district on Friday.

In a post on X, the Indian Army on Saturday said that terrorists opened fire

Donald Trump elected as the 47th President of the U.S.

Stunning return to power after dark and defiant campaign; His wins opens a new era of uncertainty for the nation

Washington, D.C.

Donald J Trump was elected the 47th president of the United States on Wednesday, defeating incumbent Vice President Kamala Harris after months of campaigning on a promise to restore the 'American dream' and improve the country's economic conditions.

Trump, who was backed by billionaire Elon Musk, exited the White House four years back after losing the elections to Democratic rival Joe Biden. In 2024,



Donald Trump was backed by billionaire Elon Musk

he will be back in the White House after securing a landslide victory, proving his critics wrong.

Trump served his first term as US president from 2016 to 2020 after defeat-

ing Democratic rival Hillary Clinton. His second term seemed quite improbable due to his controversial exit in 2020 and a series of legal troubles earlier this year. However, the billion-

aire businessman made a remarkable comeback and is set for his second innings in the White House.

Donald Trump won the North Carolina swing state in the early projections, and maintained a close lead in all other key states like Pennsylvania, Wisconsin, and other swing states as well.

In Georgia, Trump made a striking comeback reclaiming the crucial battleground state that slipped from his grasp in 2020.

With this victory, he solidified his position and the turnaround gave a signif-

icant boost to the Republican Party as they moved closer to a win. Trump's plan for his second innings at White House

Donald Trump when announcing his candidature for the 2024 Presidential elections said that the mass deportation operation, a new Muslim ban, tariffs on all imported goods and 'freedom cities' built on federal land would be parts of his initial plan.

Trump also made a bold claim that he would end the war in Ukraine before his inauguration in January 2025, if elected.



Yamuna river covered in toxic froth ahead of Chhath Puja

Rajasthan's denial of relief proves Modi guarantees were false: Ashok Gehlot

Jaipur

The Congress on June 12 accused the Bharatiya Janata Party government in Rajasthan of going back on Prime Minister Narendra Modi's guarantees by withdrawing reliefs given by the previous regime. One important scheme the Congress government started was the free supply of 100 units of electricity to domestic consumers.

Veteran Congress leader and former Chief Minister Ashok Gehlot said the BJP government was refusing relief to new domestic power consumers as well as those who could not register themselves earlier. This will affect about 30 lakh consumers. In contrast, the electricity bills of 1.04 crore consumers were zero as part of inflation relief during the Congress regime, Mr. Gehlot said.

"Our government organised inflation relief camps and launched as many as 10 relief schemes for the public. Mr. Modi 'guaranteed' during the [2023] Assembly election that these schemes would continue, but the BJP government is proving these guarantees



Former Rajasthan CM Gehlot (ANI)

were false," Mr. Gehlot said in a post on X.

The former CM said the State Government had also failed to reduce petrol and diesel prices to bring them on par with Gujarat and Haryana, as promised by the BJP.

It is also showing no inclination of wanting to strengthen schemes already in existence to provide relief from inflation. "This is a reality check of this government's intentions. Its truth is coming out before the public," Mr. Gehlot said.

Mr. Gehlot also remarked on the lack of representation for the Telugu Desam Party and Janata Dal (United) in the Union Cabinet and said the two parties should have extended support to the BJP government at the Centre from outside to avoid the "humiliation." This would have saved the dignity and respect of the two parties, he said.

UP Cabinet approves new rules for DGP selection panel

Lucknow

The Uttar Pradesh government has approved a new set of rules for independent and transparent selection of director general of police (DGP) by a committee headed by a retired high court judge.

The Appointment Rules, 2024 were cleared by the state cabinet at a meeting here on Monday.

With this, the government will not have to send names to the Union Public Service Commission (UPSC) panel for the appointment of the state police chief. "The objective of the Appointment Rules, 2024 is to establish an independent and transparent mechanism. (PTI)



Visuals where Encounter erupts in Srinagar's Khanyar area

on security personnel and escaped into the jungle.

"On 01 November 2024 late evening, suspicious movement was spotted, in gen area Panar of Bandipora, by alert troops. On being challenged, terrorists opened indiscriminate fire and escaped into the jungle. Search Operation underway," Chinar Corps, Indian Army posted on X.

Earlier on October 29,

the security forces neutralised three terrorists in a high-stakes encounter in Akhnoor, Jammu and Kashmir, following an attack on an Army convoy.

On October 20, a doctor and six construction workers were killed when terrorists attacked a tunnel construction site on the Srinagar-Leh national highway in the Ganderbal district.

Assam starts 'Bhasha Gaurav Week' to honour Assamese as classical language

Guwahati

The Government of Assam, under the leadership of Chief Minister Dr Himanta Biswa Sarma, is set to launch the 'Bhasha Gaurav Week' starting tomorrow and continuing until November 9.

The initiative aims to celebrate the recognition of Assamese as a classical language and will be observed across the state.

Ministers will inaugurate the event in various districts, highlighting the significance of Assamese and other regional languages.

The celebrations are expected to foster a sense of pride and unity among the people of Assam.

Chief Minister Dr Himanta Biswa Sarma has urged everyone to participate in this meaningful initiative.

He emphasized the importance of celebrating Assamese and other languages of the state, encouraging citizens to join in the festivities and honour the rich linguistic heritage of Assam. Assam Chief



CM Himanta Biswa Sarma in a conference

Minister Himanta Biswa Sarma on October 16 said that the state will observe 'Bhasha Gaurav Saptah' from November 3 to 9, celebrating the recent conferral of Classical Language Status on Assamese.

The Bhasha Gaurav Saptah will feature a range of online and offline activities, including the release of a booklet detailing the significance of Assamese as a classical language. Sarma reiterated the need to honour the contributions of Assamese scholars and litterateurs who have shaped the language's rich legacy since the 4th century.

This week-long celebration aims to enhance

awareness of the Classical Language Status and to inspire a renewed appreciation for Assamese culture and literature among the people of Assam.

As part of the celebration, state ministers will participate in events across various districts starting from November 3. However, Chief Minister Sarma noted that there would be no state-sponsored events in constituencies where by-polls are scheduled. "Our ministers will visit each district for the celebrations. For constituencies going for the by-polls, there will be no state celebrations. Social celebrations can, however, go on," Sarma added.

Mizoram govt to curb pollution with firecracker ban

Aizwal

In a bid to check pollution, the Mizoram government has decided to ban all kinds of firecrackers and sky lanterns during Christmas and New Year festivities.

Speaking at an event on Monday at the ruling Zoram People's Movement (ZPM) party office, Home Minister K Sapdanga said that the state government will take strict action against people involved in the transportation and bursting of fireworks.

He said the state government will alert all units of police and night patrolling will be conducted in towns and villages to ensure peaceful celebrations of Christmas and New Year.

"The government will also work with civil society organizations to ensure a peaceful atmosphere during the festive season," Sapdanga added. Mizoram has previously banned firecrackers, sky lanterns, and toy guns during the festive season.

BSF and police arrest two Bangladeshi infiltrators



BSF, police nab two Bangladeshi in cross-border infiltration attempt

Aizwal

In a joint operation on 1st November 2024, BSF Meghalaya and local police successfully apprehended two Bangladeshi nationals attempting to infiltrate into Indian territory.

Acting on specific intelligence regarding illegal crossings in East Khasi Hills District, the 4th Battalion BSF swiftly alerted Pynursla Police Station.

The operation was conducted by BSF troops from the 4th Battalion, along with local police from Pynursla Police Station, who jointly intercepted a Wagon R vehicle (Registration No. ML-

05 AC 1946) on NH 40 near Pynursla.

During the vehicle search, two Bangladeshi nationals and an Indian taxi driver, suspected of facilitating the crossing, were apprehended, and the vehicle was seized.

This successful operation underscores the unwavering commitment of BSF and local police in securing the international border and preventing unauthorised entries.

The apprehended individuals and the vehicle have been handed over to the concerned police station for further investigation and necessary action.

SC slams Assam Govt over 'abysmal conditions' at Matia transit camp



New Delhi

The Supreme Court of India expressed concern over the deplorable living conditions at the Matia Transit Camp in Assam, where foreign nationals are detained. A bench led by Justice Abhay Oka and Justice A.G. Masih characterized the situation as "far from being satisfactory," referencing a report from the State Level Services Authority (SLSA) that exposed critical deficiencies

in essential amenities.

The Court's observations underscored the absence of vital services and infrastructure within the camp. Justice Oka noted, "No facility is in place. No vocational training center, no distance education. A female doctor is not available," highlighting the lack of healthcare provisions for female detainees and the unavailability of educational and vocational resources, which are crucial for rehabilitation.

AP CM Khandu unveils official gears for 'Asia Enduro Series Monduro 4.0'

Itanagar

Arunachal Pradesh Chief Minister Pema Khandu on Monday unveiled the official t-shirt and hoodie for the 4th edition of the Asia Enduro Series Monduro 4.0.

Taxing to X, the chief minister said, "These specially designed gears are a tribute to the thrill and spirit of the Monduro race, reflecting the energy and passion of all the riders and supporters." The Asia Enduro Series Monduro 4.0 will feature riders from eight countries, including UCI Enduro World Champion Alex Rudeau from France.

CM Khandu said, "As we welcome participants from 8 Nations, including the UCI Enduro World Champion Mr Alex Rudeau from France. I wish everyone a fantastic event filled with adventure, resilience, and sportsmanship." "May the challenging trails of our



beautiful land inspire you and keep you safe. Best of luck to all the riders—let's make this an unforgettable race!" he added.

The event is expected to be a high-octane action as top riders from around the world will converge on Arunachal Pradesh for the Asia Enduro Series Monduro 4.0. The Asia Enduro Series (AES) is an initiative dedicated to building a vibrant mountain biking (MTB) community across Asia. Founded with the vision of connecting diverse trails, promoting new MTB destinations, and creating unforgettable adventures, AES is more than just a competitive racing series—it's a celebration of the sport and its enthusiasts.

CBSE to established office in Agartala over affiliated school's poor performance in boards

Agartala

Amid concerns regarding the underperformance of Central Board of Secondary Education (CBSE) affiliated schools in Tripura during board examinations, the board has announced the establishment of a sub-regional office in Agartala, an official stated on November 4.

The CBSE's English-medium curriculum was introduced while 125 state-run schools were rechristened as Vidyajyoti Schools after the Bharatiya Janata Party (BJP) came to power in the state in 2018. This year, 61 per cent of students of these schools cleared the CBSE class 10 examinations, while 59 per cent were successful in the class 12 exams.

Earlier, the medium of education in these schools was Bengali, under the Tripura Board of Secondary



Education (TBSE).

Education Department's Officer on Special Duty (OSD) Abhijit Samajpati said that the state government will allocate suitable land for the CBSE office to strengthen educational infrastructure in the state, further informing that the office will operate temporarily from a building of Ramakrishna Mission Vidyalyaya.

The sub-regional office will provide various services to the CBSE-affiliated schools, including admission assistance, subject corrections, student record updates, exam centre coordination, mark sheet corrections, grievance redressal and teacher training facilitation, Samajpati said.

Sensex, Nifty rebound on financial gains

Mumbai: Benchmark stock market indices closed higher on Tuesday, reversing earlier losses as investors gravitated toward financial stocks that are seen as having cheaper valuations ahead of the closely watched US presidential election.

The NSE Nifty 50 rose 217.95 to end at 24,213.3, while the BSE Sensex gained 694.39 points, closing at 79,476.63. Both benchmarks had fallen by about 0.6% during the session before a strong rally in the final hours of trading.

The increase in financial stocks, which rose nearly 2%, was primarily driven by HDFC Bank, the heaviest stock in both the Nifty and Sensex, which advanced 2.6%.

With the US election outcomes still uncertain, where Democrat Kamala Harris and Republican Donald Trump are virtually tied in opinion polls, investors are remaining cautious.

Titan shares dip on weak Q2

Mumbai: Shares of Titan Company dropped over 3% on Wednesday after the company's second-quarter earnings report fell short of expectations. Despite a 26% rise in total income to Rs 13,660 crore, Titan's net profit slumped 23% to Rs 704 crore, missing the street's forecast.

At 11:15 am, shares of Titan were down 2.80% at Rs 3,142.50 on the Bombay Stock Exchange (BSE).

A key factor behind the stock's decline was the weak performance in its jewellery segment, where margins were hit harder than anticipated. Titan's jewellery division, which accounts for a large part of its business, reported disappointing margins, prompting the company to lower its full-year guidance by 100 basis points. Despite the challenges in Q2, Titan is bullish about a strong performance in Q3.

Tata Tea Gold VitaCare launches a campaign

Guwahati: A 2021 study published in the Journal of Nutritional Science highlighted a critical prevalence of vitamin deficiencies across India, with Vitamin D deficiency (VDD) affecting an estimated 70% of the population and Vitamin B12 deficiency impacting around 53%. These deficiencies span across age groups and regions, presenting a nationwide health concern. In observance of World Vitamin D Day, Tata Tea Gold VitaCare, from Tata Consumer Products, has launched a campaign to raise awareness about Vitamin D deficiency and the need for convenient wellness solutions. Blending AI and Print by Innovative Acrylic Mirror Ad and AR Face Test. Mr. Puneet

Das, President - Packaged Beverages, India & South Asia, Tata Consumer Products, said, "With Tata Tea Gold VitaCare, we bring consumers a convenient way to consume a part of their daily vitamin intake in daily routine. We have been leveraging innovations to drive convenient & wellness options in tasty, everyday consumable beverages."

This awareness-driven campaign also highlights the first-of-its-kind acrylic Mirror Insert in print media, along with a Digital AR Filter "Face Test," to drive consumer engagement. These interactive elements aim to build awareness about vitamin D deficiency on the occasion of world vitamin D day.

Vi announces exciting Deepawali rewards for subscribers

Mumbai: This Deepawali, Vi is lighting up the festive spirit by offering its subscribers a chance to win rewards worth up to Rs 3,499. From now until November 3, customers can enjoy exclusive offers on the Vi App, enhancing their recharge experience during the festivities.

As part of this initiative, subscribers who recharge through the Vi App will have the opportunity to spin a wheel for assured rewards, including additional data packs ranging from 1GB to 30GB, discount coupons from popular online platforms, and the coveted Rs 3,499 annual recharge pack. Participants can spin the wheel and answer a simple



question after recharging, with chances to win every 48 hours. This festive promotion is expected to resonate well with subscribers looking for value during the holiday season. With an increasing demand for data and connectivity, Vi's offers will likely attract customers seeking both savings and enhanced data allowances.

In addition to these re-

wards, customers can benefit from instant discounts of up to Rs 100 on their recharges and enjoy discounts on vouchers from well-known brands such as Myntra, Flipkart, and Amazon through the Vi Shop. Vi is dedicated to ensuring that its customers receive the best value, enabling them to stay connected with their loved ones this festive season.

Bandhan Group ventures into tech, acquires global IT leader Genisys

Guwahati: Bandhan Group has acquired Genisys Group, a global IT and business process services provider. Known for its roots in financial services, Bandhan's strategic acquisition of Genisys expands its footprint across the U.S., UK, and India, adding cutting-edge capabilities in digital transformation, data analytics, AI, and cloud solutions. Arvind Agrawal, Managing Director of Bandhan Financial Services, sees the acquisition as a game-changer. "The ongoing global

disruptions driven by digital transformation—through hyper-automation, AI, cloud computing, and other technologies—are reshaping the IT industry.

Acquiring Genisys enables us to tap into a balanced portfolio and decades of expertise in this rapidly evolving space," Agrawal noted, emphasizing growth opportunities in the BFSI sector. For Guwahati, this move is seen as a major leap. The city's business community anticipates a ripple effect, with Bandhan's tech

expansion likely to attract new investment, enhance job prospects, and contribute to the region's reputation as a potential tech hub.

Guwahati could soon see stronger collaborations between local talent and global markets. Genisys CEO Satish Subramaniam echoed excitement for the merger, stressing Bandhan's investment strength and vision to propel innovation and global scaling. Together, they plan to offer agile, AI-driven solutions that empower businesses worldwide.

Swiggy opens IPO; price band set at Rs 371- Rs 390 per share



Guwahati: Swiggy Limited, India's leading on-demand convenience platform, has launched its much-anticipated Initial Public Offering (IPO) today, with the offer opening on November 06, 2024, and closing on November 08, 2024.

The company has fixed the price band for the equity shares at ₹371 to ₹390 per share of a face value of ₹1. The IPO comprises a fresh issue of equity shares worth up to ₹44,990 million and an offer for sale of up to 175,087,863 shares by existing shareholders.

The offer includes a reservation of up to

750,000 shares for eligible employees, amounting to 5% of the post-offer paid-up equity capital. Investors can place bids for a minimum of 38 shares and in multiples thereafter.

The shares are proposed to be listed on the Bombay Stock Exchange (BSE) and the National Stock Exchange of India (NSE).

The IPO is being managed by a consortium of lead managers, including Kotak Mahindra Capital Company, J.P. Morgan India, Citigroup Global Markets India, and others. The company has also introduced a Book Building Process for the offer.

Nissan Motor India achieves 5,570 sales in October, powered by new Magnite's success

Guwahati: Nissan Motor India has recorded a strong sales performance for October 2024, with 5,570 wholesale dispatches driven by the overwhelming demand for the New Nissan Magnite.

The total sales include 2,449 export units and 3,121 domestic units, reflecting the brand's strategic focus on delivering high-quality products that resonate with consumers both in India and abroad. The New Nissan Magnite,

which embodies Nissan's 'One Car, One World' philosophy, has been a key driver of this success. Featuring over 20 first-in-segment features and more than 55 safety features, the Magnite's bold design and innovation have captured the attention of customers, especially during the festive season. "We thank our customers for their overwhelming response. The Magnite is bringing fresh enthusiasm to the market, and we look forward to carrying this

momentum into the coming months," said Mr. Saurabh Vatsa, Managing Director, Nissan Motor India. In Guwahati, the Magnite has generated significant buzz, with increasing demand for its stylish design and advanced features.

The compact SUV is well-suited to the preferences of Northeast India's customers, offering a blend of performance, safety, and affordability that has made it a standout choice in the region.

MG Windsor tops India's EV market with record October sales

Guwahati: JSW MG Motor India marked a significant achievement with the MG Windsor, which became India's highest-selling electric car in October 2024.

Selling 3,116 units, the Windsor accounted for nearly 30% of the country's total passenger electric vehicle (EV) sales for the month, establishing itself as a leader in

the growing EV market. The company reported a 31% year-on-year growth in October, reaching a record high of 7,045 units sold, the largest monthly sales figure since its inception.

This surge was primarily driven by its New Energy Vehicle (NEV) lineup, which made up 70% of the total sales, reflecting the rising popularity of sustainable mobility solutions in India.

In Guwahati, the Windsor has seen especially strong demand as the city emerges as a key market for electric vehicles in the Northeast. Local dealerships report a steady interest from consumers seeking advanced, eco-friendly options, with the Windsor's Intelligent CUV features aligning well with the preferences of the Guwahati market.

JSW MG Motor India announce the expansion of the MG Hector lineup

Guwahati: JSW MG Motor India has announced the expansion of the MG Hector lineup, India's first Internet SUV, by including two new 7-seater variants, the Hector Plus 7-Seater Select Pro and Smart Pro, offer a spacious and versatile option for customers seeking a premium SUV experience.

The Select Pro is powered by a 1.5T petrol engine paired with a CVT transmission, delivering a smooth and efficient driving experience. Available in a 2.0L diesel engine, The Smart Pro variant is equipped with a 6-speed manual transmission, offering fuel efficiency and torque. Launches Hector Plus 7-Seater in Select Pro 1.5L CVT Petrol at INR 19,71,800*, and Smart Pro

2.0L DSL 6MT is available at INR 20,64,800*. India's largest 35.56 cm (14-inch) HD Portrait infotainment

Building upon the success of the MG Hector, these new additions offer a spacious and versatile experi-



system with Wireless Apple CarPlay and Android Auto. "The addition of our new 7-seater Hector variants underscores JSW MG Motor India's commitment to meeting the evolving needs of our valued customers.

ence without compromising on the quality, comfort, and technological excellence that have made the Hector a beloved choice." shared, Satinder Singh Bajwa, Chief Commercial Officer, JSW MG Motor India.

Sensex surges over 1,000 points as Trump claims victory in US elections

Mumbai: Benchmark stock market indices surged sharply on Wednesday, following early-session volatility driven by uncertainty over the US elections. What began as a close race between Republican Donald Trump and Democrat Kamala Harris has now clearly tilted in favour of the former US president.

Trump has already declared victory, and his win appears to have fuelled optimism on Dalal Street.

By 2:28 pm, the S&P BSE Sensex was up by 1055.31 points, reaching 80,531.94, while the NSE Nifty50 gained 311.95 points, trading at 24,525.25.

Most broader market indices also saw gains as volatility eased with the election outcome becoming clearer. IT stocks led the rally during the session, with the Nifty IT in-



dex rising by 4%. TCS, HCLTech, Infosys, Tech Mahindra, and Wipro were among the top performers. The gains were partly due to brokerages previously indicating that a Republican win could temporarily boost US equities, benefiting Indian IT stocks.

"Our equity strategy team believes that a Red Sweep would probably trigger a short-term rally, but its sustenance depends on earnings momentum and valuations, both of which are weak," Emkay Global

said.

Trump's victory could also positively impact heavyweight US equities, including Elon Musk's Tesla, potentially driving a stronger rally.

Equirus economist Anitha Rangan said, "Donald Trump's victory could likely result in more spending in the US, which could translate into inflation remaining somewhat elevated. At the same time, it would also mean a stronger dollar but more trade barriers."

Tata Tea Gold VitaCare: A delicious boost of essential vitamins for health-conscious consumers

Guwahati: Tata Tea has launched its latest product, Tata Tea Gold VitaCare, a vitamin-enriched tea blend designed to enhance wellness. Each serving provides 30% of the daily intake of four essential vitamins: Vitamin D, B6, B9, and B12. These vitamins offer numerous health benefits:

Vitamin D aids in maintaining normal bones, Vitamin B6 helps reduce tiredness and fatigue, Vitamin B9 (Folic Acid) supports normal blood formation, and Vitamin B12 contributes to energy-yielding metabolism. The new Tata Tea Gold VitaCare is available in various pack sizes—100 grams at Rs 50, 250 grams at Rs 180, and 500



grams at Rs 340 (inclusive of all taxes). This product is accessible across general trade, modern trade, and major e-commerce platforms, making it convenient for consumers to incorporate into their daily routines. Tata Tea emphasizes that Gold VitaCare should be con-

sumed as part of a balanced diet, reflecting its commitment to promoting health in a tasty and practical manner. With this launch, Tata Tea aims to cater to health-conscious consumers seeking enjoyable ways to enhance their nutritional intake, solidifying its position in the wellness-focused beverage market.

Paytm launches UPI statement download service

Bengaluru: Paytm on Wednesday has announced the launch of a new UPI statement download service. This innovative service empowers users to monitor and manage their spending by allowing them to easily access their transaction records for any date range or financial year in a simple, downloadable PDF format.

The company said it will introduce the Excel format soon. The UPI statement download is located within the "Balance & History"

section, where users can select their desired date range and download statements with just a few clicks. These statements are easy to save, share, and use for tasks such as tax filing and expense tracking, providing added convenience and flexibility. "Our commitment to advancing mobile payments drives us to offer services that simplify financial management and provide convenience for our users. With the UPI statement downloads", Paytm spokesperson said.

Embassy of India, Riyadh, Saudi Arabia celebrates the conferment of the status of Classical Language to Assamese, Bengali, Marathi, Pali and Prakrit

Guwahati: The Embassy of India in Riyadh, Saudi Arabia, hosted a special event to showcase the historical significance of all 11 classical Indian languages. This celebration was part of the week-long Pravasi Parichay 2024 and drew over 500 members from the Indian diaspora. The embassy marked the recognition of Marathi, Pali, Prakrit, Assamese, and Bengali as classical languages by the Government of India.

In a video message, Minister of State for External Affairs, Kirtivardhan Singh, applauded the embassy's efforts in promoting the value of classical languages. The event featured a 90-minute play that highlighted various historical tales and cultural aspects tied to the 11 classical languages—Assamese, Bengali, Marathi, Pali,

Prakrit, Sanskrit, Telugu, Malayalam, Tamil, Kannada, and Bengali. Attendees enjoyed performances of poetry, dialogues, music, and dance, captivating the audience with India's linguistic richness. The program was curated by Riyadh-based Sanskrit scholar Sumana Naik, who was joined by other scholars and native speakers in illuminating the connections between these languages. Last year, the embassy hosted a program in classical Sanskrit as part of the first edition of Pravasi Parichay, which received a mention by Prime Minister Narendra Modi in his "Mann Ki Baat" address in November 2023. Additionally, the embassy organizes an annual film festival each winter called "Ambassador's Choice," featuring a classical language film this year to honor India's linguistic legacy.

Are organic foods healthy or is it all just a pricey scam?

India Today Bureau

We are the social media generation—hyper-aware and always connected. We want our beauty products to be chemical-free, our food carb-free, and our lives stress-free (though that last one might be a stretch!).

SO, while health consciousness is on the rise, the one word we tend to overuse is 'organic.' If a product claims to be organic, it often goes straight into our shopping cart. But what does organic food really mean, and does choosing organic truly make it safer?

The term organic food often brings to mind images of fresh, pesticide-free produce, but it's essential to understand what this label does and doesn't mean.

"In India, 'organic' sig-



nifies food grown without synthetic pesticides, fertilisers, or genetically modified organisms (GMOs), relying instead on natural substances and methods like crop rotation and composting," Vandana Verma, senior dietician, Sir Ganga Ram Hospital, New Delhi, tells India Today.

Adding to this, Vaishali Verma, consultant - nutrition and dietetics, Manipal Hospital, New Delhi, states that organic farming emphasises soil health, sustainable practices, and natural pest

control techniques. Additionally, organic food production aims to minimise environmental impact and promote biodiversity.

However, it is important to note that natural and organic foods are not the same. Not all natural foods are organic, even though all organic foods are natural.

"Genetically modified organisms (GMOs), synthetic fertilisers, and pesticides are not used in the production of organic food, and certain guidelines for animal welfare are followed. But the la-

bel for natural foods is subject to less regulation. Generally, it indicates that the product is free of artificial colouring, flavouring, and preservatives; however, it doesn't ensure the absence of GMOs or synthetic pesticides," adds Vaishali Verma.

Vandana Verma explains, "Studies show that organic foods may have slightly more antioxidants, certain vitamins, and minerals than conventional options, though the difference is not consistently significant."

According to Vaishali Verma, differences in vitamin content, like Vitamin C, are typically minimal between organic and conventional foods. While organic practices may enhance soil health, they don't necessarily lead to significant changes in mineral levels, as these are primarily influenced by soil quality.

Can the 3-2-1 rule help you sleep better?



After enjoying a nutritious, timely dinner, completing your evening skincare routine, slipping into the comfiest of pyjamas, and setting your phone aside an hour before bed, do you still find yourself tossing and turning, wide awake?

If so, you're not alone. With stress and overthinking constantly on the mind, restful sleep has become elusive for many of us.

To combat this, the Internet is abuzz about the 3-2-1 sleep rule, a simple pre-sleep routine aimed at improving rest by limiting specific activities and food intake before bed. But can this really help you fall asleep more easily?

Dr Pujan Parikh, consultant, pulmonary medicine, Sir HN Reliance Foundation Hospital, Mumbai, tells India Today that developing good sleep hygiene is essential for achieving restful, quality sleep. Further, Dr Manjunath PH, consultant, interventional pulmonologist, Gleneagles BGS Hospital, Bengaluru, explains that sleep hygiene is crucial for maintaining overall health and well-being.

TOXIC BABY PRODUCTS ARE REAL. HOW DO YOU CHOOSE BETTER?

India Today Bureau

Parents go above and beyond to care for their little ones, ensuring they have the softest clothes, the most nutritious meals, and everything else to keep them safe and happy.

They never cut corners or expenses when it comes to their children. Yet, despite these efforts, toxic baby products still manage to reach little ones, posing hidden risks that can harm them in unexpected and serious ways.

Toxicity in baby products has become a major concern over the past few years due to a combination of heightened awareness, scientific research, regulatory



changes, and increased access to information.

"Parents today are more informed through social media, blogs, and online communities, where concerns about chemicals like BPA, phthalates, and parabens are widely shared," Dr Shreya Dubey, a consultant

in neonatology and paediatrics at CK Birla Hospital, Gurugram, tells India Today.

The doctor observes that there is growing recognition that the first few years of life are critical for brain and body development, making exposure to even low levels of toxic substances more

concerning. Parents are now more inclined to look for natural, non-toxic alternatives.

Dr Gowri Ravi Chinthalapalli, a consultant in child development at Aster CMI Hospital, Bengaluru, agrees, noting an increased demand for natural and organic products to minimise exposure to harmful chemicals.

"Chemicals like phthalates and triclosan found in fragrances, plastics, and food packaging, along with parabens and preservatives in many personal care products, are linked to hormonal disruption, antibiotic resistance, and potential health risks," mentions Dr Chinthalapalli.

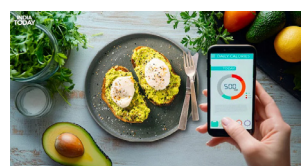
Counting calories on your own is dangerous and can make you sick

Everyone wants to be in shape. If you ask a random person on the street whether they'd rather be skinny, obese, or fit, you can probably guess their answer.

With health taking priority, people are more mindful of what they eat, how they eat, and how much they consume.

We all know someone who has downloaded an app to track their daily calorie intake, meticulously logging every meal and snack. It feels like a step towards a healthier lifestyle.

But what if this seemingly harmless habit is actually doing more harm



than good? Without proper guidance, obsessing over calorie counts can lead to serious physical and mental health problems.

What is calorie counting?

Deepali Sharma, clinical nutritionist at the CK Birla Hospital, Delhi, explains, "Calorie counting is a dietary method that helps individuals track their daily calorie intake to achieve specific health or fitness goals, such as weight loss, weight gain, or maintaining a healthy weight."

Do you train the same set of muscles every day? It can be disastrous

India Today Bureau

Maybe you are conscious about your thick thighs or eagerly want to get your back into better shape as soon as possible – does that mean you should train them every day in the gym? Nope, you can't and you shouldn't.

Training the same set of muscles can go horribly wrong and leave you with severe injuries. Fitness experts as well as doctors warn against it.

"Training the same muscles over and over again can lead to injuries or increased soreness. Muscles need time to recover and rest. After a good

workout, you should give your muscles at least 24 to 48 hours to recover so that they get repaired well, and your performance will increase," says Abhishek Singh, a Raipur-based fitness coach.

Recovery plays an important role in hypertrophy, which is the process of muscle growth.

"Recovery allows for neuromuscular adaptations, which enhances the communication between one's nervous system and muscles, improving coordination and overall performance. Allowing time for muscle recovery also increases the density of Actin and Myosin filaments within muscle

fibres, which enhances contractility or strength," says Dr Prasad Bhagunde, orthopaedic and arthroscopy surgeon, Saifee Hospital and Breach Candy Hospital, Mumbai.

Robin Nagar, a Delhi-based gym trainer, explains how training the same muscles every day can work against your

goals."For instance, you train your legs every day; by doing that, you are only breaking down your muscles. During a workout, muscle fibres break down, and it is during rest that they repair and grow. Without proper rest, muscles can become overly fatigued, eventually obstructing recovery.

Iga Swiatek Beats Barbora Krejckikova in Round 1 of WTA Finals



Riyadh

Iga Swiatek pulled off a comeback for the ages after beating Barbora Krejckikova in the WTA Finals 2024. On Sunday, November 3, the World No.2 came back from 4-6, 0-3 down to take down her opponent in Riyadh, Saudi Arabia. It took Swiatek two hours and 33 minutes to win the match 4-6, 7-5, 6-2.

Swiatek, who was playing her first WTA match after her US Open 2024 exit back in September, looked "rusty" to begin with. Krejckikova, who won the Wimbledon this year after beating Jasmine Paolini in the final, was looking set for a stupendous victory before losing her way.

"It wasn't easy. At the beginning I felt a bit rusty,

but I'm happy that I found a way to play a little bit more solid. I didn't feel great (at the beginning). Barbora also used that. The score went her way pretty quickly. I knew it was tight even in the first set and I had my chances so I just wanted to use them the next time," Swiatek said.

"I heard it for sure. I missed that. In tough moments today when I heard you guys screaming, it helped me. Thank you for the support. Even though at the beginning my game wasn't nice, you guys still believed," Swiatek added.

After a clinical showing in the first set, Krejckikova broke Swiatek's serve twice in the second. But the Polish star held her nerve to force the deciding set.

India makes formal bid to host 2036 Olympics

New Delhi

In a significant move towards realising Prime Minister Narendra Modi's vision of hosting the Olympic and Paralympic Games in India in 2036, the Indian Olympic Association (IOA) has officially expressed the nation's interest.

The IOA submitted a Letter of Intent to the International Olympic Committee's (IOC) Future Host Commission on October 1, marking India's formal bid for this prestigious global event.

"This monumental opportunity could bring substantial benefits, fostering economic growth, social progress, and youth empowerment across the country," a source con-



firmed to India Today.

Los Angeles in the USA will host the 2028 Summer Olympics, and Brisbane, Australia, will host the 2032 Games. International Olympic Committee President Thomas Bach has said interest in hosting

2036 has so far attracted cities in the double digits.

Prime Minister Modi has consistently expressed a desire for India to host the Olympics and Paralympics, underscoring the importance of this bid to the country's sporting future.

During the Independence Day celebrations at his New Delhi residence, he invited feedback from Indian athletes who participated in the Paris Olympics, stating that their experiences would be instrumental in the planning and preparation efforts for the 2036 Games.

"India is preparing to host the 2036 Olympics. In this regard, the input from athletes who have played in previous Olympics is very important.

You all must have observed and experienced many things. We want to document this and share it with the government so that we don't miss out on any small details in the preparation for 2036," PM Modi said at the gathering.

Indian boxer Mandeep Jangra wins WBF's world title

New Delhi

Indian professional boxer Mandeep Jangra won the World Boxing Federation's super featherweight world title after defeating Britain's Conor McIntosh in the Cayman Islands.

The 31-year-old, who trains under former Olympic silver medallist Roy Jones Jr and has faced

only one defeat in his professional career so far, had the upper hand in most rounds.

He delivered powerful punches from the outset, maintaining his stamina throughout the 10 rounds, while the British boxer struggled to keep pace.

Conor did try to make a comeback, but Jangra continued to maintain the upper



hand in most rounds. "This is one of the biggest victories of my career," Jangra said in a media release. "I have worked hard for years to achieve this. It is a matter

of pride for me that I could bring glory to the country."

The Haryana boxer, who made his professional boxing debut in 2021, hopes the title will inspire more Indian pugilists to turn professional. "I think this title will open the way for other boxers of the country and they will also decide to make a career in professional boxing.

Soccer player killed by lightning strike during match in Peru

Lima

A lightning strike during a local league soccer match in central Peru killed one player and injured four others on Sunday.

Footage of the match showed players walking off the pitch at Coto Coto stadium in the town of Chilca, about 70 kilometers southeast of Lima, after the game had been paused due to a storm.

Several players were seen falling face first to the ground as lightning struck the field. A brief spark and a small cloud of smoke were seen near one of the players, a broadcast on local TV station Onda Deportiva Huancavelic showed. Seconds later, a few players

appeared to struggle to get back up. The deceased player was identified by authorities and state media as defender Hugo De La Cruz, 39, following the incident in the 22nd minute of the match between local teams Juventud Bellavista and Familia Chocca.

"We join in solidarity and extend our sincere condolences to the family of young Hugo De La Cruz, who, after being struck by lightning, unfortunately lost his life while being taken to the hospital," the local municipality said a statement.

"We also express our support and wishes for a speedy recovery to the other four players injured in this tragic accident."

India Seniors win silver at Bridge Olympiad



Buenos Aires

India Seniors signed off with a silver medal as they went down 165-258 to USA in the final of the 16th World Bridge Olympiad here.

The Indian team comprised Kamal Mukherjee, Vibhas Todi, Badal Das, Pranab Bardhan, Arun Bapat, Ravi Goenka and Girish Bijoor, who is the non-playing captain.

In the 96 board final, which took place over two days and six segments, the competition was neck and neck after the first two segments.

Rohit Sharma will retire from Tests if he doesn't do well in Australia: Srikanth

Mumbai

Former India captain Kris Srikanth said he believes Rohit Sharma and Virat Kohli will find their mojo with the bat in India's tour of Australia. The swashbuckling former opener said Rohit will quit Test cricket if he doesn't perform well with the bat Down Under. However, it's too early to talk about moving on from Kohli in the traditional format, according to Srikanth.

Questions have been asked about Virat Kohli and Rohit Sharma's places in the Test side after India were whitewashed 0-3 by New Zealand on Sunday. Both the senior professionals failed consistently in the three Tests, struggling against pace and spin. Virat Kohli managed just 93 runs



Rohit Sharma scored just 91 runs in three Tests vs New Zealand at home (AP Photo)

while Rohit contributed just 91 runs.

Captain Rohit fronted up to face the press and conceded he was nowhere close to his best with the bat and as captain in the Test series. It was the first time India lost a Test series with more than two matches without winning even one.

"100 percent, you have to start thinking ahead (if India doesn't do well in Australia).

If Rohit Sharma doesn't do well, I think he himself will retire from Test cricket, for all you know. He will play ODIs only. He has already left T20I cricket. We have to keep in mind that he is also ageing. He is no longer getting younger," Srikanth said in his YouTube show. Srikanth said Rohit acknowledging his mistakes is the first sign of his road to redemption.